

youth in motion

A stylized green logo of a person in motion, with arms and legs curved as if jumping or running, positioned to the right of the main title.

YOUTH SPORTS & FITNESS

**January–April
2014**



BASKETBALL LEAGUES

This basketball league is specially designed to help your child understand the team concept of basketball, enhancing their dribbling, shooting, passing, and defense. The values of teamwork and strategy along with understanding the importance of sportsmanship, create an environment that promotes positive developmental assets amongst our youth.

- **Practices and League Games:** The first 2 weeks are team practice followed by 6 weeks of games. **Please note that practices and games are one hour in duration. You must be available for the time frame listed in each league, as practices and game times may vary throughout the season. No day of the week or time requests will be considered.**
- **Uniforms:** Basketball reversible jersey is included in the registration fee. Tennis shoes required.
- **VOLUNTEER BASKETBALL COACHES ARE NEEDED.** Call 425-452-4882 for more information and to receive a \$20 discount towards your registration fee. Background check required & attendance to mandatory coaches clinic to receive discount. Basketball experience required.
- **Schedules:** A team confirmation, parent packet and practice/game schedule, will be sent via email by January 25. Contact Ted Mittelstaedt at TMittelstaedt@bellevuewa.gov with questions regarding scheduling.
- **Participants will be assigned to teams based on the following:**
 1. Special request for coach.
 2. Special request for ONE teammate. Additional requests for teammates will not be considered.
 3. Age and gender of participant.

Please note that there are no guarantees regarding requests or team assignments. All requests must be made before January 21 by email to tmittelstaedt@bellevuewa.gov or by calling 425-452-4882.

- **I've signed up for basketball...now what do I do?** You will be contacted prior to the league start date via email. This email will include your team confirmation and parent packet. Team confirmations will be sent no later than January 25.



MIGHTY MITES BASKETBALL LEAGUE (Ages 5 – 6)

This coed 3-on-3 league is specially designed to help your child understand the team concept of basketball in an instructional setting. Emphasis on participation, fun, and skill development while enhancing their dribbling, shooting, passing, and defense will be emphasized. This 8-week league will begin with 2 weeks of team practice followed by 6 weeks of games on Mondays OR Tuesdays. Practice/games are 1 hour in duration and will be at 5:30pm OR 6:45pm depending on scheduling. Min 4/ Max 6. **Volunteer coaches are needed for this league.**

Resident: \$87 Non-Resident: \$104

Tyee Community Gym

#83240 5:30pm OR 6:45pm Mondays OR Tuesdays, January 27 – March 24

YOUTH BASKETBALL LEAGUE (Ages 7 – 9)

This coed 4-on-4 instructional league is full of fun and is a great way to further develop and enhance your basic knowledge and skills in basketball. Learn to become a team player and become a better individual player. Emphasis on participation, fun, and skill development while enhancing their dribbling, shooting, passing, and defense will be emphasized. This 8-week league will begin with 2 weeks of team practice followed by 6 weeks of games on Tuesdays OR Thursdays. Practice/games are 1 hour in duration and will be at 5:30pm OR 6:45pm depending on scheduling. Min 5/ Max 7. **Volunteer coaches are needed for this league.**

Resident: \$87 Non-Resident: \$104

Tyee Community Gym

#83242 5:30pm OR 6:45pm Tuesdays OR Thursdays, January 28 – March 27

JUNIOR BASKETBALL LEAGUE (Ages 10 – 12)

It's time to elevate your game. This 10-12 year old coed league is designed to give your child more advanced playing skills. Offensive & defensive techniques, shooting techniques, ball handling, and court awareness will be emphasized. This 8-week league will begin with 2 weeks of team practice followed by 6 weeks of games on Wednesdays. Practice/games are 1 hour in duration and will be at 5:30pm OR 6:45pm depending on scheduling. Min 6/ Max 8. **Volunteer coaches are needed for this league.**

Resident: \$87 Non-Resident: \$104

Tyee Community Gym

#83241 5:30pm OR 6:45pm Wednesdays, January 29 – March 19

REGISTRATION NOW OPEN FOR SPRING SOCCER LEAGUES
MIGHTY MITES (AGES 5 – 6) YOUTH (AGES 7 – 9)

COURSES

YOUTH TRACK & FIELD (Ages 4 – 14)

This program's main philosophy is to learn, participate, and introduce your child to physical fitness through basic track and field events such as running, jumping, and throwing. We want your child to further increase their knowledge of this sport by teaching a variety of techniques and skills needed in understanding and playing this sport. Practices are held on Mondays and Thursdays and track meets are held on Fridays starting in May. **Volunteer adult runners are needed for this program.**

Resident: \$87 Non-Resident: \$104 Mondays & Thursdays, 4pm – 5:30pm

Tillicum Middle School Track

#83239 April 21 – June 5



BIDDY MULTI SPORT (Ages 3 – 4)

Come join the NEW Bidly Multi Sport class. This 6-week **parent/guardian participation required** program will cover three sports – basketball, soccer & t-ball. Each class is 45 minutes long and encompasses developmental sports lessons along with activities proven to build and mature a child's motor development, hand-eye coordination, and cardiovascular fitness. The result of our action-packed curriculum is a program which allows every child to build their skills at their own pace within a non-competitive, learning-based environment that emphasizes patience, teamwork, and self-confidence.

Resident: \$66 Non-Resident: \$79 Saturdays, 9:30am – 10:15am

Tyee Community Center

#83252 January 25 – March 1

#83253 March 8 – April 12



BIDDY MULTI SPORT II (Ages 5 – 6)

Come join the NEW Bidly Multi Sport II class. This 6-week **parent/guardian participation required** program will cover three sports – basketball, soccer & t-ball. Each class is 45 minutes long and encompasses developmental sports lessons along with activities proven to build and mature a child's motor development, hand-eye coordination, and cardiovascular fitness. Higher level skills, drills, and fundamentals will be taught resulting in an action-packed curriculum which allows every child to build their skills at their own pace within a non-competitive, learning-based environment that emphasizes patience, teamwork, and self-confidence. *(Pre-requisite: Must complete three (3) Bidly Multi Sport age 3-4 classes or permission from instructor if under the age of 5)*

Resident: \$66 Non-Resident: \$79 Saturdays, 10:30am – 11:15am

Tyee Community Center

#83257 January 25 – March 1

#83258 March 8 – April 12

i-BALL BASKETBALL CLINICS (Ages 7 – 14)

Bellevue Parks & Community Services and i-Ball have partnered to offer Basketball Skills Clinics for kids, ages 7-14.

Consistent training is the main aspect that helps to greatly accelerate learning and retention for young players. i-Ball is run by professional basketball player and former Globetrotter's Harlem All-Star, Kyle Keyes along with i-Ball staff. Players will learn all aspects of basketball development and core fundamentals, along with offensive & defensive techniques, shooting techniques, ball handling, and court awareness. Players of ALL skill levels are welcome and will be grouped accordingly. Please wear basketball shoes and shorts.



Resident: \$79 Non-Resident: \$95 Mondays, 5:50pm – 7:00pm

Highland Community Center

#83216	January 6 – February 3
#83217	February 10 – March 10
#83218	March 17 – April 14
#83219	April 21 – May 12

SEREVI RUGBY Free Demo (Ages 4 – 12)

Curious about rugby? Looking for a safe, fun, and active new sport for your son or daughter? Try rugby at one of our free demos. Rugby is a passing sport like basketball, with kicking like soccer, and evasive running like football. Our demos and programs are non-contact. Our coaches are certified, experienced, and thrilled to introduce your child to rugby, the world's ultimate sport and newest Olympic Game. Your child will have fun. Give rugby a try.

FREE 4:30pm – 5:45pm

Robinswood Sports Field

#83198	February 3
#83199	February 10
#83200	February 24

SEREVI MINI RUGBY (Ages 4 – 5)

Serevi Mini Rugby is for active children who want to try a fun new sport. This program focuses on the development of age-appropriate motor skills (running, catching, passing, kicking) and social skills (teamwork, following directions, sportsmanship) in a safe, fun, and child centered-environment. Emphasis will be on safety and fun at all times. All participants will receive an official Serevi Rugby® t-shirt. This program is an excellent complement and alternative to other common sports such as football, soccer, track, basketball, and lacrosse.

Resident: \$125 Non-Resident: \$150 Mondays, 4:30pm – 5:45pm

Robinswood Sports Field

#83201

March 3 – April 28

SEREVI JUNIOR RUGBY (Ages 6 – 12)

Serevi Rugby® and Bellevue Parks & Community Services are excited to offer Serevi Junior Rugby, a coed, limited-contact sport for young athletes, ages 6-12, which mimics Rugby 7s, the world's newest Olympic Game. Tag Rugby is a free-flowing game that allows all players to pick up the ball and run. Teamwork and sportsmanship are fundamental to this program. Emphasis will be on safety and fun at all times, and physical contact is limited. Evasive running and agility, ball handling, decision-making, and fitness are skills developed through small sided games.

Resident: \$125 Non-Resident: \$150 Mondays, 4:30pm – 5:45pm

Robinswood Sports Field

#83208

March 3 – April 28

SEREVI GIRL'S FLAG RUGBY (Ages 6 – 12)

Girl's Rugby? Absolutely. The Serevi Rugby Girl's program allows young women to play rugby in a fun, active, and safe atmosphere. Your daughter will learn how to pass, kick, and run with a rugby ball, all while developing friendships along the way. This girl's flag rugby program is non-contact, with an emphasis on teamwork and sportsmanship. This program is an excellent complement and alternative to other common sports such as soccer, track, basketball, and lacrosse. Don't delay, sign up for rugby today.

Resident: \$125 Non-Resident: \$150 Mondays, 4:30pm – 5:45pm

Robinswood Sports Field

#83212

March 7 – May 2

INDOOR SOCCER LESSONS WITH MICHAEL SMITH (Ages 4 – 6)

Come and learn the fun game of soccer. Each session, our theme will focus on one soccer technique; dribbling, passing, or scoring goals. Participants will also actually play small sided soccer games. Children will learn to play with teammates and develop balance/coordination while developing good habits of staying on task and improving their listening skills.

Resident \$55 Non-Resident \$66

Highland Community Center

Session III

Tuesdays January 14 – February 25

#83174 1:00pm – 1:45pm

#83176 2:00pm – 2:45pm

Wednesdays January 15 – February 26

#83177 1:00pm – 1:45pm

#83175 2:00pm – 2:45pm

Thursdays January 16 – February 27

#83178 1:00pm – 1:45pm

#83179 2:00pm – 2:45pm

Session IV

Tuesdays March 4 – April 15

#83169 1:00pm – 1:45pm

#83170 2:00pm – 2:45pm

Wednesdays March 5 – April 16

#83171 1:00pm – 1:45pm

#83180 2:00pm – 2:45pm

Thursdays March 6 – April 17

#83172 1:00pm – 1:45pm

#83173 2:00pm – 2:45pm

Session V

Tuesdays April 22 – May 27

#83166 1:00pm – 1:45pm

#83181 2:00pm – 2:45pm

Wednesdays April 23 – May 28

#83182 1:00pm – 1:45pm

#83167 2:00pm – 2:45pm

Thursdays April 24 – May 29

#83183 1:00pm – 1:45pm

#83168 2:00pm – 2:45pm



MARTIAL ARTS

KENDO (Ages 8 & up)

Resident \$70 Non-Resident \$84

Highland Community Center

Fridays, January 3 - March 7

Intermediate: #83157

Advanced: #83161

Fridays, January 10 - March 7

Beginning: #83154

Fridays, March 14 - May 16

Intermediate: #83158

Advanced: #83162

Fridays, March 21 - May 16

Beginning: #83155

Beginning: 6:30pm-8pm **Intermediate:** 6:30pm-8:30pm **Advanced:** 7:30pm – 9:30pm

Self Defense/Hapkido (Little Warriors &/or Beginning) (Ages 5 – 12)

This coed course helps young people develop coordination, balance, focus, strength, self-esteem, group interaction, communication skills, and discipline, while teaching personal safety/self-defense in a safe, friendly environment. In addition to lots of conditioning exercises, students will learn a basic kicks, strikes, throws, evasion, and grappling. Uniform required & available at class for a fee.

Resident \$48 Non-Resident \$58 *Mondays & Wednesdays, 5:15pm – 5:50pm (ages 5 – 8)

*Mondays & Wednesdays, 5:30pm – 6:35pm (ages 9 – 12)

North Bellevue Community Center

#83262 January 6 – 29

#83263 February 3 – 26

#83264 March 3 – 31

#83265 April 2 - 30



Self Defense/Hapkido (Warriors &/or Intermediate to Advanced) (Ages 13 & up)

This coed course builds on skills introduced in the beginning class and helps young people and adults successfully face physically confronting issues. With a blend of traditional and real-world scenarios, students learn to identify, avoid, and de-escalate potentially dangerous situations. While refining on skills learned from beginning class, students will start learning joint locks and pressure points (adults only). Prerequisite: Graduation from the beginning class, or age 13 and above. Full sparring gear is mandatory for this class or student will not be allowed to participate in sparring sessions which is essential and required for their progress in Hapkido. Classes taught by certified World Hapkido Association instructor. www.worldhapkido.com. Instructor permission required to attend.

Resident \$48 Non-Resident \$58 Mondays & Wednesdays, 6:30pm – 7:35pm

North Bellevue Community Center

#83281	January 6 – 29
#83282	February 3 – 26
#83283	March 3 – 31
#83284	April 2 - 30

This information will be provided in alternate formats for individuals with disabilities upon request. We invite everyone's participation, please provide two weeks advance notice for accommodation requests. Assistance for the Deaf / Hard of hearing can be provided through the 711 Telecommunications Relay Service.



REGISTER TODAY

425-452-6885

or



MyParksandRecreation.com

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The goal of Youth Sports & Fitness programs is to provide quality programming with responsible leaders so youth have the opportunity to grow and learn. We are a program in which opportunity for participation is provided to all those who enter, regardless of skill and ability. We provide youth with a fun learning experience and the opportunity to develop lifetime sports and fitness skills.

Scholarships available for all programs.